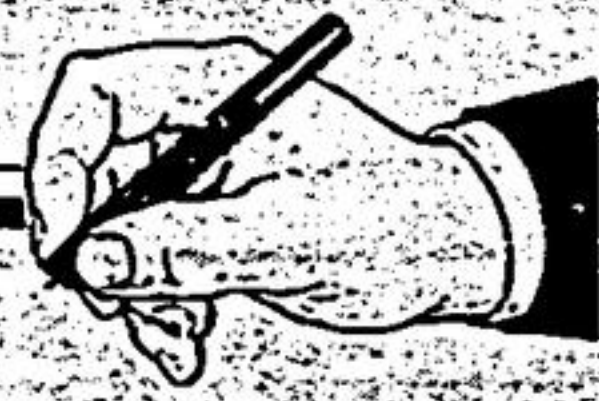


Editor's Mail



Expert clears up 'misconception'

Dear Sir,
I am writing regarding a fitness article you published in the January 31, 1987 edition of the Weekender. The article was entitled "Workout tips to the Wise".

I am a Certified Fitness Appraiser (CFA) who has worked in university athlete testing labs as well as numerous fitness centres.

I have also taught university students as well as CFA students in proper training techniques. I feel that my experience as well as my present business of servicing equipment for fitness centres justifies me to take issue with your article.

I will not attempt to discuss the issue of Nautilus training techniques but I would feel better if I elaborate on the second paragraph of your article.

More specifically, you imply that equipment brands such as Global, Zen-tec, etc. all work on similar principles as Nautilus equipment. I believe that you have fallen prey to the same misconception that a lot of fitness professionals have.

Nautilus equipment is best described as "accurate variable resistance". Essentially, the machine adjusts the weight you lift in accordance with the strength of your muscle.

When your muscle is strong, the machine provides more resistance. When your muscle is weak, the machine provides less resistance.

With the exception of certain Global units, the other equipment is constant resistance or at best "innaccurate variable resistance."

The resistance may vary, but not as required by the increasing or decreasing strength of the muscle. I must stress that in the array of equipment available, very few are accurately variable in nature.

People throw words like isokinetic, omnikinetic, isotonic, isometric, concentric, eccentric,

plometric, and miometric around freely when discussing training equipment, but I can honestly say that very few people have taken the time to understand the differences in these terms.

Your generalized statement that all the equipment "work on similar principles" is another testimony to this fact.

Jim O'Neill, CFA

We love letters

If you have a beef or want to pat someone on the back, sit down and write a letter to the Weekender.

Deadline is noon Thursday prior to publication. Names may be withheld on request at the discretion of the editor. Under no circumstances will anonymous letters be published. The address is 9 Heritage Rd., Markham, Ontario L3P 1M3.

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Episode 4 of 4 "Referral"

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